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JELLIED PEEL

When making grapefruit, orange, or lemon jellied peel, one should keep in mind that an excess of sugar will make the peel too hard and too small a proportion gives an insipid flavor and watery texture. So, better results usually may be had by weighing the sugar rather than by measuring it. Allow 14 ounces of sugar for each 10 ounces of peel.

Good thick light-colored grapefruit peel, which has lots of pectin in it to help the jellying, makes a most attractive product for Christmas gifts or holiday sweetmeats. The following directions apply to any of the three citrus fruits.

Jellied Peel

10 ounces of peel
14 ounces granulated sugar for sirup
1-1/3 cups water for sirup, or enough to cover
1/2 teaspoon salt
1 cup granulated sugar for rolling strips

Select thick, soft, unblemished peel from smooth fruit. Avoid russet-skinned fruit. Strip the peel from the fruit in quarter sections, including all the white part possible. Cut into strips $\frac{1}{4}$ to $\frac{1}{2}$ inch wide. Do not trim; use the entire peel.

Parboil the peel three times. Use 2 quarts of cold water each time, bring to the boil, cook one-half hour, and discard the water after each cooking. The strips should then be tender and should be handled gently to prevent breaking.

Place the water, salt, and sugar for the sirup in a saucepan about 8 inches in diameter, and stir until the sugar is dissolved. Then add the strips of peel, skin side up, arranging carefully so that they lie parallel to each other, to prevent their being broken when turned. Cook rapidly for about 40 minutes, then reduce the heat and continue to boil gently for about 30 to 40 minutes longer, or until the sirup is all absorbed. Great care must be taken at this point that the sirup does not scorch, and the strips of peel must be lifted or turned frequently with a fork so that all are equally penetrated by the sirup.

Place the strips, skin side down, on waxed paper, and when cool, roll in granulated sugar until there is a coating of distinct crystals but not a heavy crust. Let them dry overnight, then wrap in waxed paper and store in tightly covered tin or glass containers. If left in paper boxes, the peel tends to become hard and crusty. If properly stored in a moderately cool place, it should keep in good condition for 2 or 3 weeks. The peel should be jellied throughout and translucent, not shrunken nor gummy. These directions were originally worked out in the Bureau of Home Economics of the U. S. Department of Agriculture.

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